

Eielson AFB, Alaska
Home of the Iceman Team

June 30, 2006
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Arctic Sentry



"Unrivaed Combat Capability Today and Tomorrow"

Six Icemen lose driving privileges

by Staff Sgt. Gloria Wilson
354th Fighter Wing Public Affairs

The base has a policy that restricts cell phone use while operating a vehicle that dates back to February 28, 2006. It is an enforceable policy and is considered a "primary offense," meaning violators may be stopped and cited solely for this reason. Anyone not adhering to the policy may have their base driving privileges revoked for 30 days.

The 30-day loss of base driving privileges applies to all Pacific Air Forces installations and was generated by General Paul Hester, PACAF commander. The policy, in accordance with AFI 31-204, Air

Force Motor Vehicle Traffic Supervision, states that drivers are not allowed to talk on their cell phones while driving on an Air Force installation without a hands-free device. The only exception to this policy is emergency personnel in performance of their duties during a response to an incident.

Violation of this policy can not only affect your personal life, it can also affect your duties as well. Personnel whose duties take them off base, to include people deployed, are still subject to the 30-day suspension when driving a government-owned vehicle or government-funded vehicle, said Lt. Col. Alan Weider, 354th Mission Support Group deputy commander.

"Once you lose your base driving privileges, you lose them for all vehicles. It doesn't matter if you're driving a personally owned vehicle or a government-owned one," he said.

This regulation was developed based on information from the National Highway Traffic Safety Administration, whose study showed driving distractions as the cause of many motor vehicle accidents, said John Seibert, assistant for safety, health and fire protection for Department of Defense. The study found that cell phone use is the fastest growing and most visible distraction that leads to accidents.

The cell phone policy's intent is to increase traffic safety and encourage safe driving habits, said

Seibert.

Security Forces are actively ticketing violators, with a total of six people cited since the enforcement date of March 1.

The ticket is only the first step.

Persons pulled over by security forces for illegal cell phone use will receive not only a ticket, but also a revocation letter suspending their base driving privileges. They will be allowed to drive straight home with no stops to any other locations along the way, said Tech. Sgt. Marshaun Ellis, 354th Security

See **Driving** Page 2

Marking the way



Airman Nora Anton

William Klemovitch, 3rd Civil Engineer Squadron, Elmendorf AFB, Alaska, uses a pavement painting truck to repaint lines on the flightline. Once a year, 3rd CES personnel drive the truck to Eielson to repaint the flightline and all base street lines. The process takes about two weeks to complete with assistance from the 354th Civil Engineer Squadron Horizontal Construction Section.

Three Icemen selected for promotion to O-5

RANDOLPH AFB, Texas (AFPN) -- Of the 1,302 majors selected for promotion to lieutenant colonel, three were chosen from Eielson. The board considered 6,866 line, chaplain and biomedical sciences corps officers.

The following majors were selected for promotion:

Maj. Derek "Oscar" Dill, 354th OSS

Maj. David Flipppo, 354th MOS

Maj. Michelle Hayworth, 354th CS

The selectee list is posted on the Air Force Personnel Center's Web site at <http://ask.afpc.randolph.af.mil/>.

Effective March 3, Air Force Chief of Staff Gen T. Michael Moseley redesignated the judge advocate general competitive category as Line of the Air Force-Judge Advocate. That change is reflected below as LAF-J.

Selection statistics in-the-promotion zone

LAF -- 1,063 selected from 1,426 considered for 74.5

percent select rate; LAF-J -- 24 selected from 33 considered for 72.7 percent select rate; BSC -- 37 selected from 71 considered for 52.1 percent select rate; CHAP -- 13 selected from 17 considered for 76.5 percent select rate

Selection statistics above-the-promotion zone

LAF -- 29 selected from 1,933 considered for 1.5 percent select rate; LAF-J -- 4 selected from 42 considered for 9.5 percent select rate; BSC -- 7 selected from 123 considered for 5.7 percent select rate; CHAP -- None selected from 32 considered

Selection statistics below-the-promotion zone

LAF -- 121 selected from 2,935 considered for 4.1 percent select rate; LAF-J -- 1 selected from 83 considered for 1.2 percent select rate; BSC -- 3 selected from 171 considered for 1.8 percent select rate; CHAP -- No below-the-zone consideration

210th RQS rescues civilians from plane crash in Bettles

by Staff Sgt. Gloria Wilson
354th Fighter Wing Public Affairs

Alaska is considered an overseas tour, but to some, Eielson can seem like a remote tour. Vast unpopulated areas of land, wilderness and extreme climate changes are conditions that can play a part in whether people love or hate the area. If injured, one can find themselves miles away from the care they need.

This was the case June 21 when two civilians, James and Leane McMillin, both from Texas, sustained serious injuries in a Cessna 185 floatplane crash at Vor Lake outside Bettles, approximately 200 miles from the base.

A park ranger witnessed the crash and with a call started a chain reaction that included a response from the 210th Rescue Squadron, Detachment 1, from Kulis Air National Guard Base, Anchorage.

Maj. William Kupchin, 210th RQS Det .1 commander, said he received a call from the 11th Rescue Coordination Center at approximately 7:30 p.m. about the crash and the need for response.

Bettles has a population of 42 and does not have a medical care facility, doctor or nurse. The crash victims had been transported from Vor Lake to Bettles in the back of a sport utility vehicle and were being treated by emergency medical technicians.

Major Kupchin immediately recalled the HH-60G Pave Hawk helicopter that was on a training mission, which promptly returned, off-loaded passengers, loaded necessary items and got the crew on board.

Equipped with a satellite communications radio, the helicopter was able to take off without delay.

"We were able to get pertinent details en route, which included patient particulars, vitals and what care they were receiving," said Lt. Col. Tom Bolin, 210th RQS pilot. "We kept talking back and forth on the radio and we were able to keep talking about the plan."

In conjunction with Eielson's response, a HC-130 Hercules from Kulis responded as well. The HC-130 is faster than the helicopter, but both aircraft were sent since the

See **Crash** Page 2



Capt. Kevin Sova and Tech. Sgts Jason Moody and Frank Deans, 353rd Combat Training Squadron Range Division, secure a tower foundation so it can be sling loaded beneath the CH-47 helicopter. The equipment was taken to Snowy Peak as part of a communications project.

Eielson unit saves AF \$40K

by Staff Sgt. Jasmine Reif
354th Fighter Wing Public Affairs

A perfect example of Air Force Smart Operations 21 at work is an Eielson unit that recently saved the Air Force \$40,000 by finding a new way to transport equipment to the Pacific Alaska Range Complex.

At the beginning of the month, the 353rd Combat Training Squadron Range Division had communication shelters, towers and radios which needed to be flown out to the range as part of a Snowy Peak Communications Expansion Project.

They were given 16 hours of CH-47 helicopter time to accomplish six heavy-lift helo missions. However, due to range division personnel's quick rigging and some inventive loading combinations, they accomplished eight lifts in 15 hours.

"Accomplishing more lifts in a shorter amount of time saved us four hours of blade time on the overall mission, which equates to a \$30,000 savings in CH-47 use and subsequently shortened the entire job by four days, which was a \$10,000 savings in crew, fuel and billeting costs," said Lt. Col. Anthony Buck, 353rd CTS Range Division chief.

See **AFSO 21** Page 2

ICEMEN DEPLOYED



Iraqi Freedom: 66
Enduring Freedom: 21
Other: 3
Total = 90
As of June 28

Today

High 67, Low 56
Showers



Sunrise: 2:09 a.m.
Sunset: 11:42 p.m.
Daylight: 21 hrs. 32 mins.

WEEKEND WEATHER

Saturday

High 77, Low 57
Partly Cloudy



Sunrise: 2:11 a.m.
Sunset: 11:40 p.m.
Daylight: 21 hrs. 28 mins.

Sunday

High 71, Low 55
Partly Cloudy



Sunrise: 2:14 a.m.
Sunset: 11:38 p.m.
Daylight: 21 hrs. 24 mins.

Driving from Page1

Forces Squadron NCO in charge of physical security. The letter will include directions explaining how to request reinstatement before the 30 days are up. The date the letter is received denotes day one and 30 days after that date, base driving privileges are automatically reinstated. A request for early reinstatement can be a lengthy

Crash from Page1

HC-130 had to respond from Anchorage. A timely response was necessary, people were injured and needed assistance, but Colonel Bolin said he doesn’t consider himself a hero. “I feel my claim to fame is to get the real heroes to the scene of the accident fast,” he said. With the number of players involved in search and rescue, it’s difficult to call any one person a hero, but pararescuemen tend to be seen in that light. The 212th RQS falls under the 210th RQS, so Master Sgt. Chris Widener and Tech. Sgt. Chris Robertson, two PJs from the 212th RQS playing their part in the weekly rotation here from Kulis, were part of Colonel Bolin’s crew. “We arrived first on scene and immediately took over care from the EMTs. The crew from Kulis arrived after us, but with the HC-130’s ability to fly faster, it was decided that they would transport the patients to Fairbanks,” said Sergeant Robertson. “The HC-130 had their own PJs, but patient care was not transferred. Time is of the essence and transferring care would only delay getting the patients to a higher level of care at Fairbanks Memorial Hospital,” he said. Once the HC-130 landed in Fairbanks, the patients, along with Sergeants Robertson and Widener, were brought to Fairbanks Memorial by ambulance. “There’s a patient-medec relationship that forms. You’re not dealing with mechanical problems; you’re dealing with people,” said Sergeant Robertson. Upon arriving at the hospital, Sergeants Robertson and Widener were able to relinquish care to doctors there, but it didn’t mean it was the last time they spoke

AFSO 21 from Page1

Continuously improving processes is what AFSO 21 focuses on and Colonel Buck says his people make a conscious effort to think outside the box when planning helo flights out to the range. “Due to budget cuts we have to increase efficiency,” he said. “We’ve gotten to the point that every time we go out we look at cost. The guys are good at looking to the future and trying to maximize helo time. For example, every time we go out to refuel a generator, we figure out what else we can bring so we don’t make separate trips.” On this particular mission, it was

a contractor who came up with the idea of putting the individual pieces of steel together like they would be out at the range. “It was decided that it was easier to secure the shelters fully assembled than when they were in individual steel pieces,” said Tech. Sgt. Jason Moody, 353rd CTS range radar systems quality assurance evaluator. “It was the first time we had ever done it that way and it really opened our eyes to the many possible ways of saving time and money.” As the saying goes, time is money, and the 353rd CTS previously relied on the Army to send over a sling load

with the patients. “There’s a bond established, you want to see how they’re doing and so you call to check on them. I think this job is unique, if I was a paramedic somewhere else I would probably not remember all of my patients. As a PJ however, the situations and circumstances are distinctive, and you find yourself in the situation with them. There have been missions where I’ve been with patients for two days.” The patients on this mission were stabilized when we got there, said Sergeant Robertson. There wasn’t much we could do other than monitor their vitals and give them medication for the pain but that’s not always the case. “It’s amazing the situations people can get themselves into, I have come across situations that could never be duplicated in a training environment,” he said. Major Kupchin said that although the main mission is to provide combat search and rescue for the F-16 and A-10 fighters in theater, Eielson averages five to eight civil search and rescue missions a year. “These civil missions help the public, sometimes save lives and at the same time provide us real world training and practice. It gives us spectacular training in decision making and procedures,” said Major Kupchin. “People will have accidents, people will get lost, and people will get injured. Alaska is a joy to many who love the outdoors, but at times there’s a degree of risk that accompanies that,” he said. The cause of the crash is under investigation, but more importantly, the crash victims received the care they needed with help from people that some might call heroes.

certified Soldier to properly secure the equipment. However, in April Sergeant Moody was sent to Fort Wainwright and was sling-load certified so the squadron can now certify their equipment loads without requiring someone to come from Fort Wainwright. “I make sure that the equipment is properly rigged to be slung underneath a helicopter. The load has to fly evenly underneath or it will throw the helo off balance and cause it to crash,” said Sergeant Moody. “If the load does not fly properly, the pilot will release it without hesitation and the equipment will most likely be destroyed upon

impact.” In addition to spur of the moment process improvements, the squadron has long term goals to save money. “The equipment we took out to the PARC is for a communications repeater station. It will increase the communication coverage of range airspace,” said Colonel Buck. “The central goal of the project is to get commercial power to remote places so we don’t have to rely on generators. We’ll save on generator refueling costs and it will be much more reliable. We are currently 60-percent complete and the plan is to finish up the project by next summer.”

Fireworks prohibited on base; safety stressed

Iceman Team members are reminded that fireworks of any kind are prohibited on Eielson property unless approved by the installation commander. The U.S. Consumer Product Safety Commission estimates that in 2004 about 9,600 people were treated in hospital emergency rooms for injuries associated with fireworks. Over half the injuries were burns and most of the injuries involved the hands, eyes and head. About half of the victims were under 15 years of age. Males accounted for nearly three-fourths of all firework injuries. And although cigarettes are the leading cause of fire death, the risk that someone will die from fire when fireworks are being used is three times the corresponding risk when cigarettes are burning. On Independence Day in a typical year, fireworks cause more outdoor fires in the United States than

all other causes of outdoor fire combined. Remember to check with the local fire department if an area burn ban is in effect. The following are a few safety tips:

- Do not allow young children to play with fireworks under any circumstances. Sparklers, which are considered by many to be the ideal “safe” firework for the young, burn at very high temperatures and can easily ignite clothing. Children cannot understand the danger involved and cannot act appropriately in case of emergency.
- Older children should only be permitted to use fireworks under close adult supervision.
- Do not allow any running or horseplay.
- Light fireworks outdoors in a clear area away from houses, dry leaves or grass and flammable materials.
- Keep a bucket of water nearby for emergencies

and for pouring on fireworks that don’t go off.

- Do not try to relight or handle malfunctioning fireworks. Soak them with water and throw them away.
- Be sure other people are out of range before lighting fireworks.
- Never ignite fireworks in a container, especially a glass or metal container.
- Keep unused fireworks away from firing areas.
- Store fireworks in a dry, cool place.
- Never have any portion of your body directly over a firework while lighting.
- Don’t experiment with homemade fireworks.

 For more information, call the 354th Civil Engineer Squadron Fire Prevention Office at 377-1293. *Courtesy of 354th CES Fire Prevention Office.*

Proper picnic preparation prevents food poisoning

What would the 4th of July holiday be without a picnic? The following are a few tips to ensure that outdoor feasts go smoothly: **Preparing food safely**

- Wash hands before handling food and use clean utensils and containers.
- Do not prepare foods more than one day before your picnic unless it is to be frozen. Cooking foods in advance allows for more opportunities for bacteria to grow. Cooked foods need to be rapidly cooled in shallow pans.
- Spread the food out in as many pans as is needed so that food is no more than two inches deep. Over 67 percent of reported cases of foodborne illness are due to improper cooling.
- Cut melons need to be kept cold. Many people do not realize that melons, such as watermelons and cantaloupe, can cause foodborne illness. Bacteria, such as Salmonella and Shigella (common causes of foodborne illness), are often present on the rind.

Packing for safety

- Keep cold food cold. Keep cold food at 40 degrees or colder to prevent

bacterial growth.

- Keep hot food hot. Keep hot foods at 140 degrees or hotter to prevent the growth of harmful bacteria. If food cannot be kept at the proper temperatures, bring foods that do not need refrigeration such as peanut butter sandwiches, dried fruit, nuts, unpeeled fresh fruit, jelly sandwiches, unopened cans of food, meat, fish or fruit, cookies and cakes and crackers.

Hand washing

- Wash hands. Pack moist towelettes. The picnic site might not have hand-washing facilities available. Hands carry harmful bacteria and viruses that contaminate food and cause illness.

Handling leftovers If picnic leftovers have been sitting out for more than one hour and have had many people handling them, throw them out. The more time that food has been sitting at unsafe temperature, the more likely harmful bacteria has grown. *Courtesy of the 354th Fighter Wing Safety Office*

Names 2 Note

ALS graduates

The following senior airmen graduated airman leadership school in class 06-5: **Shane McGregor** John Levitow Award

Mindy Anderson Academic Achievement Award

Carleas Parsons Distinguished Graduate Award

Terrell Costa Distinguished Graduate Award

Jacob Boisselle Leadership Award

Ian Bryant
Kelly Clary
Jennifer Cross
Samuel Ganczak
Joshua Hairston
Jeffery Hall
Melissa Hookfin
Mary Hubbard
Steven Krieg
Seth Lamb
Nicholas Matulis
Amanda McCrory
Richard Miotti Jr.
Quentin Norris
Christopher Orona
Joshua Osvold
Adam St-Clair
Roderick Thomas Jr.
Jacob Wallace
Richard Wiltcher
Angela Zeigler

Outstanding CDC scores

Senior Airman Rivera Ramirez 354th SVS 3M071A, 90 percent

Tech. Sgt. Cherie Kilpatrick 354th MOS 3S251, 92 percent

Senior Airman Casey Miller 354th MXS 2AX7X, 93 percent

Senior Airman Timothy McEntee 354th SFS 3P051D, 92 percent

Senior Airman Rivera Ramirez 354th SVS 3M071A, 90 percent

Airman 1st Class Fredrick Jordan 354th CES 10612, 94 percent

Airman 1st Class Thomas Sylvester 354th CES 3E551B, 92 percent

Airman 1st Class Charmant Thomas 354th CES 10312, 90 percent

Airman 1st Class Greg Merrill 354th LRS 2T355, 90 percent

Airman 1st Class Shelia Gummin 354th SVS 3M051B, 90 percent

Airman Shelby Jacobson 354th CS 2EX5X, 93 percent

Police Blotter

Editor’s Note: The following entries are taken from security forces records.

June 23
PRELIMINARY REVOCATION OF DRIVING PRIVILEGES: A staff sergeant was issued a preliminary suspension of installation driving privileges after being cited for driving 27 mph in a 15 mph zone.

UNAUTHORIZED PHOTOGRAPHY: Security forces responded to a report that five individuals were taking unauthorized photographs of Hursey Gate. Security forces made contact with the individuals who stated they had been taking photos of the Hursey Gate complex for a friend in Florida. All the photos were erased by the owner of the camera while being supervised by a SF member.

911/PATROL RESPONSE: Family advocacy reported that the 2-year-old daughter of an NCO was locked in a bathroom with medication present. Security forces responded and made contact with the daughter and found that she had not taken any medications.

PRELIMINARY REVOCATION OF DRIVING PRIVILEGES: A civilian was issued a preliminary suspen-

sion of installation driving privileges after being cited for operating a vehicle while talking on a cell phone.

OPEN CONTAINER: A security forces patrol pulled over an Airman for having a defective tail light and smelled a strong odor of alcohol emitting from the vehicle. The three individuals in the vehicle were transported to the security forces control center. The driver of the vehicle was given a blood alcohol test with results of .036. He was cited for having an open container in the vehicle.

June 24
MINOR VEHICLE ACCIDENT: A senior NCO reported he struck a sign post at the base exchange parking lot. The NCO stated the estimated cost of repair was \$3,000 to \$4,000. He stated he was obeying the posted limit. No damage was done to the sign post.

PRELIMINARY REVOCATION OF DRIVING PRIVILEGES: A staff sergeant was issued a preliminary suspension of installation driving privileges after being cited for failure of occupants to wear seat belts while operating a motor vehicle.

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COMMANDER’S CORNER



Commander’s Hotline
377-6100

The Hotline is your opportunity to get your issues and comments directly to me so I can address them.

Before you call the hotline, however, I strongly encourage you to give the unit involved, your first sergeant or commander a shot at resolving the issue. The Iceman Team takes care of its own, but you should give these people the chance to help. Please leave the names and organizations of the people you’ve contacted who have been unable to satisfy your concern, and I will look into the problem.

Your confidentiality will be respected at all times. Thank you!

Brig. Gen. Dave Scott
354th Fighter Wing commander

Newspaper deadlines

ARCTIC SENTRY deadlines are close of business Friday prior to the following Friday’s publication. E-mail submissions to editor@eielson.af.mil.

Story ideas?

THE ARCTIC SENTRY staff seeks to provide its customers with informative stories about the Iceman Team. E-mail story ideas to: editor@eielson.af.mil.

July 4th: More than a Holiday ... A Celebration of Freedom

by General Paul V. Hester
Pacific Air Forces Commander

This Fourth of July marks the 230th anniversary of the day 56 brave patriots signed the Declaration of Independence—the document that marked the birth of our Nation.

Those early Americans knew that this declaration was only the beginning of a long struggle for freedom and independence. Since that day, regardless of the challenges, proud Americans around the globe have steadfastly defended the inalienable rights of life, liberty, and the pursuit of happiness.

On Independence Day we celebrate the birth of America—a nation that has stood for freedom from its very first day. We are a nation that will send generation after generation of our young people to fight for the liberties of millions of people around the world. From Valley Forge to Bastogne to Fallujah, Americans have answered the call and gone in harm’s way for freedom.



“Patriots know no generation ... know no century ... they stand for freedom and defend it proudly.”

General Paul V. Hester
Pacific Air Forces Commander

Today, the men and women of Pacific Air Forces hold the torch of freedom’s defenders high for all to see. Far from America’s shores and the places we call “home,” your service and dedication to our Nation is exemplary.

Patriots know no generation...know no century...they stand for freedom and defend it proudly.

As Lynda and I celebrate this Independence Day, our thoughts and prayers, and those of a grateful nation are with you....AMERICA’S FINEST MEN AND WOMEN! May God bless you all and may He bless our great Nation!

Drinking, wrong choices can be deadly

by Scott Willeke
Former USAF member

April 20, 1994, was my wife’s 25th birthday, but it passed without a celebration. It’s not that I don’t love my wife; I killed her by driving drunk.

I’m writing this story from my jail cell. Besides the devastation of losing my wife, I was court-martialed. I received a bad-conduct discharge, one year of confinement, forfeiture of \$550 a month for 12 months, and a reduction in grade to airman basic.

Like many couples, we had a promising future. We had a beautiful marriage and satisfying jobs at Misawa Air Base, Japan.

I had been selected for promotion to staff sergeant and was scheduled to participate in the annual Gunsmoke competition, a competition that tests fighter and bomber aircrews on their ability to strike targets while facing simulated ground-to-air and air-to-air threats.

Though we had been married slightly more than a year, we had traveled to places others

only dream about. We looked forward to a life in the Air Force and all the benefits that accompany it.

However, on Nov. 7, 1993, I threw it all away.

I decided to drive my wife home after a night of drinking and dancing.

“I’m not drunk” I thought, as I reveled in the bottle of wine, a couple of beers, and a soju-based mixed drink I had consumed the previous four hours. In reality, though, I was drunk-I had exceeded my limit.

On the way home, I foolishly tried to keep up with a friend who was speeding in another car. I lost control in a curve I knew like the back of my hand.

My vehicle slammed into a concrete utility pole, completely demolishing the passenger side and ripping my wife from the front seat. She was thrown headfirst into the concrete pole.

Who was I to have played God with her life and the lives of others? She didn’t deserve to die that way-no one does.

If you ever had met my wife, you would have known she was full of life and happiness. She seldom was seen without a beautiful smile, but now, no one ever will see her smile again.

If there’s a lesson to be learned from this tragedy, it’s this: Driving requires your best judgment and reflexes, so don’t drink and drive because you’ll eventually get caught.

If you’re lucky, you’ll only have to pay a fine or have your driving privileges revoked. However, there’s a good possibility you may end up like me-a convicted felon with an uncertain future.

My wife is dead and so is my career. It virtually will be impossible for me to find meaningful employment and obtain credit after my release from jail. On the balance, my sentence is a small price to pay for the lives I destroyed.

Unfortunately, my wife never had a say in what happened, and she paid the ultimate price for my crime.

For those of you who would shrug off this article and say, “It won’t happen to me,” I beg to differ.

COMMUNITY BRIEFS

Changes of command

The **354th Operations Group** change of command will take place 10 a.m. today at the Corrosion Control Facility on Loop Access Road. Col. Paul Johnson will relinquish command to Col. Brian Maas.

The **354th Mission Support Group** change of command will take place 9 a.m. July 6 at Heritage Park. Col. Janet Wallace will relinquish command to Col. James Martin.

2006 AF Marathon

Pacific Air Forces will sponsor four runners (two male and two female) for the 2006 Air Force Marathon Sept. 16 at Wright-Patterson AFB, Ohio. For more information, visit <http://afmarathon.wpafb.af.mil>. Those interested in representing PACAF must submit an Air Force Form 303 to the base fitness center director by July 14.

Pianist needed

A piano accompanist is needed for the upcoming Missoula Children’s Theatre scheduled for July 24 to 29. For more information, call the community center at 377-2642.

Giant voice testing

This year’s giant voice testing will occur 1 p.m. to 5 p.m. on July 5 and 7. The testing areas will include the exercise area, the base interior and base housing areas. Testing will consist of short, audible test messages that will last no longer than 15 seconds each in duration. For more information, call the base land mobile radio work center at 377-4205.

Red Cross volunteers needed

The Second Annual Ride for the Red, a 58-mile motorcycle tour, takes place 11 a.m. July 8 at 910 College Rd. The Red Cross of Alaska is raising funds for Armed Forces Emergency Services. For more information on signing up, donating money or giving prizes, go to <http://www.alaska.redcross.org>.

SRB changes

Air Force Headquarters announced several significant changes to the selective re-enlistment bonus program. Airmen should contact the career enhancement office at 377-4857/5777 to determine their eligibility to re-enlist with an SRB entitlement.

DEROS briefing

The 354th Mission Support Squadron will have a quarterly date eligible for return from overseas briefing at 8 a.m. or 3 p.m. Wednesday at the Red Flag Auditorium for anyone who has a DEROS of July, August or September 2007. This briefing is mandatory for all personnel to attend if they fall within this quarter. Call 377-2224.

Farmer’s market

The Eielson Commissary Farmer’s Market is scheduled for 10 a.m. to 3 p.m. today in the commissary parking lot. The Ben Eielson High School cheerleaders will be serving hotdogs and hamburgers for donations.

Chapel rafting trip

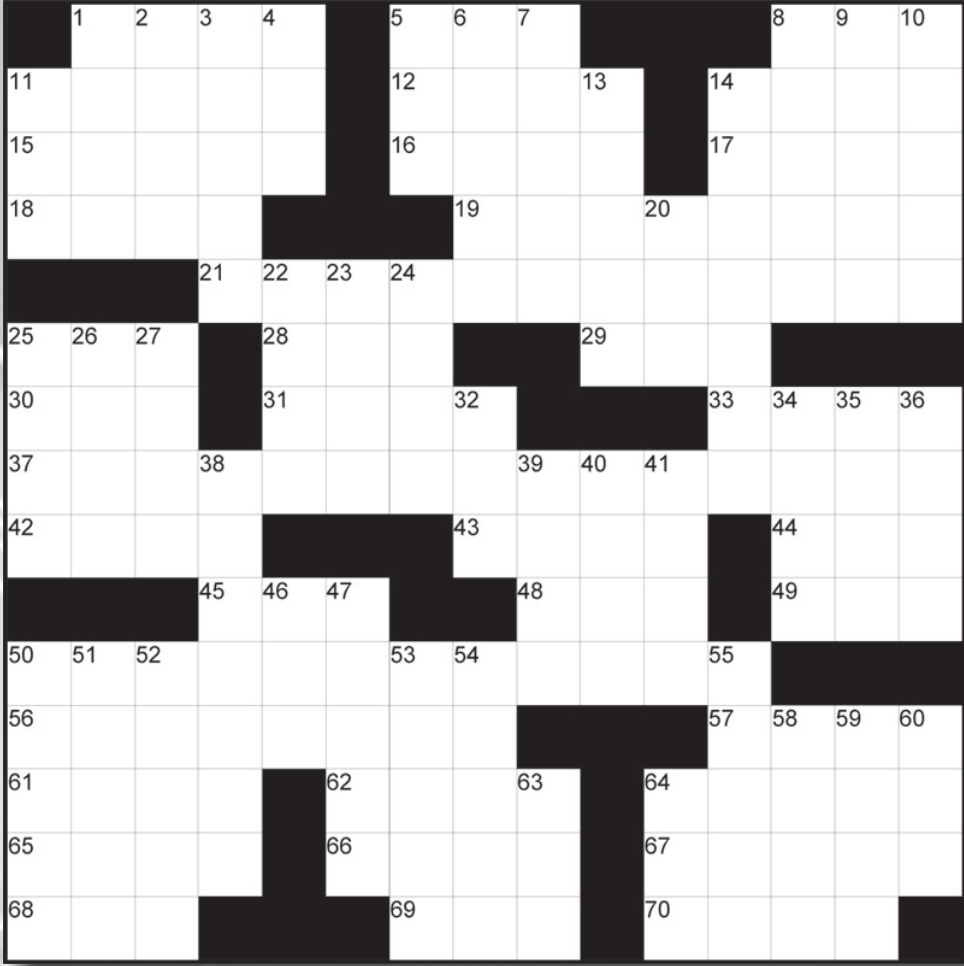
The chapel singles program is sponsoring a \$20 non-refundable rafting trip on the Nenana River for single or unaccompanied Airmen for July 15. Deadline to sign up is July 7, money must be paid at signup. Fee includes transportation, rafting and a barbecue dinner. Call 377-2130.

Independence

by Capt. Tony Wickman
71st Flying Training Wing Public Affairs

- ACROSS**
- 1. Delicate fabric
 - 5. Dejected
 - 8. Mil. ID card
 - 11. Disney film
 - 12. Appeal
 - 14. Aquatic, photosynthetic organism
 - 15. Primes a surface
 - 16. Scream
 - 17. Never ____ Kissed (1999)
 - 18. Oracle
 - 19. Agreeable
 - 21. Start of a John C. Calhoun Independence quote
 - 25. Org. for family activities
 - 28. Sweetened beverage
 - 29. Heavy weight
 - 30. Paddle
 - 31. Greek salad item
 - 33. Throw
 - 37. Final part of Calhoun quote
 - 42. Movie dog
 - 43. Sound of distinct pitch, quality, and duration
 - 44. Vertebrate organ of hearing
 - 45. Place
 - 48. Fall mon.
 - 49. Dined
 - 50. 2nd part of Calhoun quote
 - 56. Bank request, perhaps
 - 57. Arm bone
 - 61. Greek mythology nymph
 - 62. Chooses
 - 64. Sag
 - 65. Comparable
 - 66. Skin opening
 - 67. Tangent
 - 68. Org. advising the POTUS on security matters
 - 69. Bread type
 - 70. Hawaiian bird

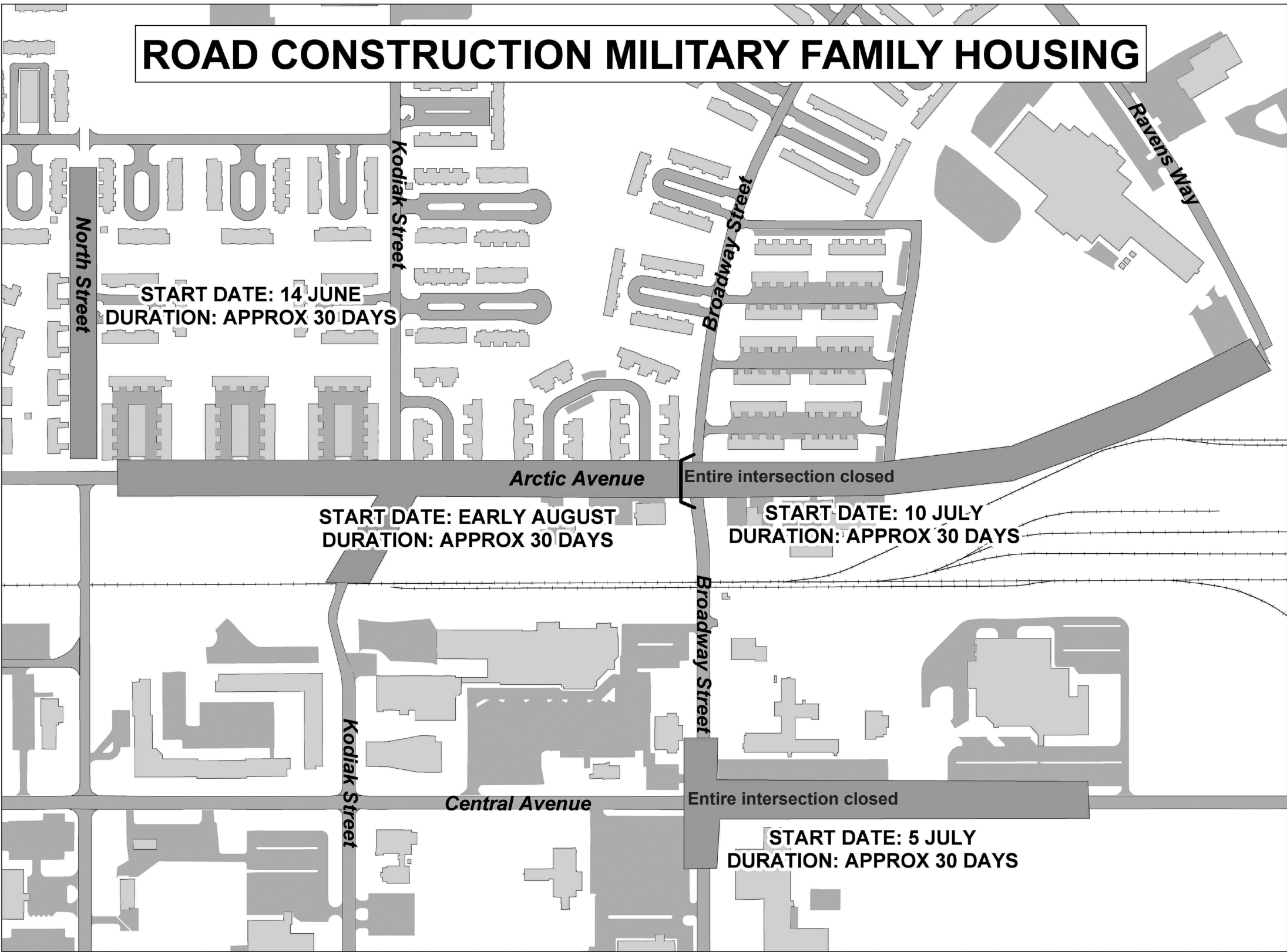
- DOWN**
- 1. Entice
 - 2. Out of the wind
 - 3. Italian island
 - 4. USN rank
 - 5. Mole
 - 6. First letter of the Hebrew alphabet
 - 7. Actress Reese
 - 8. Erase
 - 9. One empowered to act for another
 - 10. Long poem division
 - 11. Army’s police
 - 13. Perceptive
 - 14. Makes the heart grow fonder
 - 20. Commotion
 - 22. 27th President of the United States
 - 23. Thought
 - 24. Program looking for ETs
 - 25. Ninth letter of the Greek alphabet
 - 26. New Mexico town
 - 27. Jog
 - 32. Picnic pest
 - 34. Region
 - 35. Quickly
 - 36. Ancient Phoenician city
 - 38. Musical instrument
 - 39. Pillage
 - 40. Short measurement
 - 41. Radiation type
 - 46. Snakelike fish
 - 47. Group of soldiers
 - 50. Fervent expression of joy
 - 51. Backpacks
 - 52. Principles of right
 - 53. Cloudy diffused matter
 - 54. Unlawful ____ (1992)
 - 55. Health care provider
 - 58. Meat cut
 - 59. Joint
 - 60. Mock
 - 63. Observe
 - 64. Actor Akroyd



10. Long poem division	53. Cloudy diffused matter
11. Army’s police	54. Unlawful ____ (1992)
13. Perceptive	55. Health care provider
14. Makes the heart grow fonder	58. Meat cut
20. Commotion	59. Joint
22. 27th President of the United States	60. Mock
23. Thought	63. Observe
24. Program looking for ETs	64. Actor Akroyd
25. Ninth letter of the Greek alphabet	
26. New Mexico town	
27. Jog	
32. Picnic pest	
34. Region	
35. Quickly	
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39. Pillage	
40. Short measurement	
41. Radiation type	
46. Snakelike fish	
47. Group of soldiers	
50. Fervent expression of joy	
51. Backpacks	
52. Principles of right	

June 23 Solutions

S	P	I	R	I	T	L	C	D	S	T	A	Y
S	E	N	T	R	Y	A	O	L	O	H	I	O
S	A	T	E	E	N	U	G	A	L	U	L	U
						D	A	R	N	O	N	E
S	I	G	N			A	H	E	A	D		D
I	S	L	E			L	A	N	C	E	R	E
G	R	O	V	E	L				B	O	U	R
						B	E	T		S	R	B
O	P	E	R	A	S				B	E	G	O
A	R	M				S	E	R	I	A	L	E
T	E	A				E	A	G	L	E	S	T
						C	S	I		P	L	A
L	E	T	O			A	T	O		D	R	A
E	D	E	N			C	O	O		E	N	C
G	E	R	E			E	R	S		R	A	T



Road construction will be an ongoing event this summer on Eielson. The next round of construction will begin right after the long 4th of July holiday weekend. Roads being repaired in July are:

1. Central Ave. from Broadway intersection to the south entrance of the clinic
2. Arctic Ave. from Broadway intersection to Ravens Way

3. North St. will still be closed until approximately 10 July
 4. Arctic Ave. from Broadway to North St. will be closed beginning in August
- Eielson residents that live or work on the effected roads will be allowed access through the construction area.
Detour routes for all others will be posted.

Please use posted detours.
Do not drive through construction areas and do not let children play in construction areas for their safety, equipment operators may not see them.
For more information on traffic control or timelines, please contact TSgt. David Kolnes at 377-1181.

AADD Clock

Airmen Against Drunk Driving
“saved” lives to date

4 | 9 | 1 | 6

The Iceman Team goal is 60
days without a DWI

Days without
a DWI

1 | 8

Days until
goal

4 | 2

For free rides home from
North Pole area or on base call
377-RIDE (7433) from 10 p.m.
to 4 a.m. Friday and Saturday
nights.

For discounted rides back to
base from Fairbanks call Klond-
ike Cab at 457-RIDE (7433).

Downtown activities

Local events for June 30 to July 9

North Pole Summer Festival

The North Pole Summer Festival will be 10 a.m. to 5 p.m. Saturday at the Santa Claus House with a parade through North Pole at noon. For more information, call 488-2242.

Santa’s Square Dance

Santa’s Main Street Square Dance is scheduled for 7 to 9 p.m. Thursday at the Pioneer Park Dance Hall. Cost is \$7 for adults and \$5 for youths under 18. For more information, call 488-6681.

American West Film Series

The free American West Film Series is scheduled for 6:30 p.m. from July 5 through August 9 at the University of Alaska Schaible Auditorium. For more

information, call 474-7021 or visit <http://www.uaq.edu/summer/activities/movies.html>.

July 4th Celebration at Pioneer Park

There is a July 4th celebration at Pioneer Park with a veteran’s parade prior to the celebration. The parade is followed by food, family activities, arts and crafts and an Air Force fly-by. For more information, call 459-1087.

Mutt March

Mutt March, a 2.5-mile walk through area neighborhoods, begins at 12:30 p.m. July 9 at Pioneer Park. An afternoon of fun for dogs and their people. Registration begins at 11:30 a.m. in the front parking lot. Plenty of canine-friendly activities. Cost is \$5 per person, dogs are free. For more information, call 452-2081.

*Special thanks to
last week’s Icemen
volunteers for helping
keep our Airmen safe:*

Airman 1st Class Nicholas Kent, Senior Airman Matthew Scroff, Airman 1st Class Nicholas Knott, Senior Airman Sarah Crawford, Airman 1st Class Sandra Bennett, Airman 1st Class Dewayne Tatem, Staff Sgt. Eralyn Burgess, Airman 1st Class Wesley Rawson, Staff Sgt. Sherry Matthews, Airman 1st Class Thomas Slack, Airman 1st Class Shelby Jacobson, Airman 1st Class Christian Bird, Airman Lindsey Johnston, Airman Nicole Elliot, Airman 1st Class Mike Huntington, Airman 1st Class Patrick Trexler, Tech. Sgt. Darrell Welle, Airman 1st Class Jim Harrison, Senior Airman Glora Harrison.

GETTING INTO THE SWIM OF THINGS AT THE FITNESS CENTER

Members of the Eielson-Liquidators Swim team prepare for some friendly competition at the Fitness Center Pool

BUBBLEMAKERS

An introductory scuba program is available for Eielson youth. Instruction from our contract professionals ensures a fun, safe, inter-active environment for young underwater enthusiasts. An interest list is forming for a new scuba class just for kids. Call 377-1266 or 377-1925.

ADULT SCUBA

Open water certification is the primary or basic certificate for beginning divers. Classes take place in the controlled safe swimming pool. Open water certification takes place in nearby lakes when students have completed the necessary steps to move to an outdoor environment. The adult certification course fee is \$199. Drop by 6 p.m. Fridays to observe a class and meet the instructors from Test the Waters.

BOOK A PARTY

Childish riddle: When is it good to be "all wet?" At a pool party, of course! Pool party sessions range from \$60 for 25 or less swimmers to \$120 for 100-125 swimmers. Fees vary according to the number of participants to sufficient lifeguards. Pool party sessions take place 5:45-7:45 p.m. Saturday and Sunday. A reservation request form is available at the fitness center front counter. Call 377-1925.

OPEN SWIM

Leisure and lap swim are great ways to stay in shape and have fun. A special, summer-only swim session is available 1-4:30 p.m. Tuesday-Friday. Additional open or leisure swim sessions take place 6-9 p.m. Tuesday and Thursday

WHEN YOU NEED A HAND, WHO CAN YOU CALL?



The vast majority of the Iceman Team is right on target, meeting fitness standards and staying, "fit to fight." Whether you have difficulties with fitness standards, or are wondering if there's a more effective way to get in shape or stay in shape, said Technical Sgt. Susan Trejo, "have a chat with your unit physical training leader," commonly called PTL the assistance fitness director explained. Alternatively, the Health and Wellness Center has the training and resources to assist anyone with special challenges.

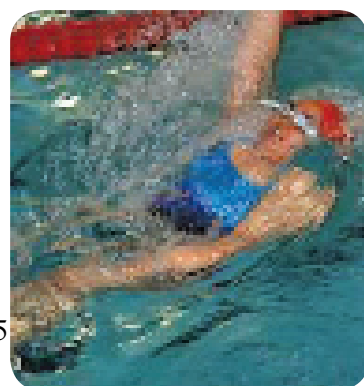
Intramural softball games are a great way to get out and enjoy exercising.



and 1-5:30 p.m. Saturday and Sunday. The standard rate is \$2.50 per session. A punch card is available for \$40 for 20 visits. Cards may be "shared" with family and friends. Swimming is free of charge for family members of deployed personnel. The family support center is the coordinator for deployed family programs, call 377-2178.

TAKE A LAP

Lap swim takes place 6-8 a.m. and 11 a.m.-1 p.m. Tuesday-Friday; 4:45-5:45 Wednesday and Friday and 11:45 a.m -12:45 p.m weekends. Lap swim is free to active duty members.



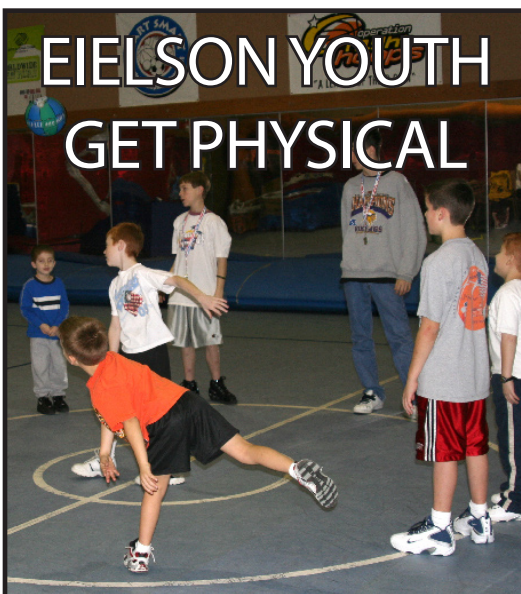
WATER AEROBICS

For an unbeatable low impact workout that helps build strength, cardiovascular fitness and coordination, try water aerobics. Classes take place 8:30 a.m. and 5 p.m. Tuesday and Thursday and 10:30 a.m. Saturday. Drop-ins are always welcome. Classes are free of charge.

** Swim Team practices will resume in the Fall! **

Please note: During military exercises, the fitness center -- including the pool and fit classes -- close operations. Please call 377-1925 for updates. The community center has a family fitness room available for alternative use.

EIELSON YOUTH GET PHYSICAL



Eielson Fit Factor programs are so active, participants are receiving Air Force recognition. Nearly 400 youth are registered for the program. Not only is Eielson highly competitive in numbers of participants, we're also competitive when it comes to logging points, with an 83 percent participation rate for logging Fit Factor points.

"It's the youth who make the efforts in fitness, nutrition and healthy living - Fit Factor style!" according to Teresa Witschen, interim sports program manager. The top five participants are very close to achieving maximum points in Fit Factor, 25,000; most are within 1,000 points of achieving the top Fit Factor level. Of the remaining 394, the closest participants are still 10,000 or more points away from the top level. Talk about active, the Air Force average for Fit Factor participation is 1,468 points logged, while Eielson's participants have logged 2,666 on average, a whopping 180% plus!

The Air Force Services Family Member Programs is committed to the well-being of families and youth - that's you! Fit Factor is a web-based program that encourages young people to Get Up, Get Out and Get Fit! You'll

see that phrase a lot around the base! You can get points for being active in a variety of ways - from team sports to household chores, you can start earning points to achieve the five Fit Factor levels. For each level you reach you earn valuable prizes! The Fit Factor levels are Energy, Strength, Agility, Adventure and Endurance.

The Fit Factor point levels are arranged like this: Energy 1,000 points; Strength 3,000; Agility 8,000; Adventure 15,000 and Endurance 25,000 points.

That's not to imply that Fit Factor points must be achieved by competition, points can be logged simply by completing household chores or healthy eating or drinking enough water.

Currently the program is open to YC members age 9-18. The Air Force Fit Factor program is in its first year. Eielson and the Pacific Air Force have offered similar programs for several years. Coming in Oct 06, Fit Factor Phase II will include 6-8 year olds, according to youth center director, Debbie Conklin. It will include more achievement levels, new and exciting prizes. As with others in infancy, the Fit Factor program has made some developmental

changes for the better. To encourage teen participation, Phase II will also include a new teen logo and specific teen incentives.

When it comes to eating right and exercising, studies show the earlier we begin in life, the more likely we are to maintain a healthy lifestyle. With that in mind, and noticing that AF Fit Factor initially had an age gap, former sports program manager, Sarah Nolin, worked with the fitness center staff to develop AK Fit Kids. Just for members age 5-8, AK Fit Kids in conjunction with Fit Factor, ensures all YC members have an opportunity to participate in an incentive program that encouraged a healthy lifestyle. The incentive prizes all have an Alaskan theme.

Whether you're five or 15, the important thing to remember that rewards are available for doing what you do anyway, says Debbie, "by eating right, walking the dog, riding your bike to the youth center, you can log incentive points." The scheduled events are optional, but be sure to log your points from home or visit our computer lab and make sure to log your Fit Factor points with us."

SERVICES SOURDOUGH SHOW DOWN: FIELD DAY 2006 EVENT SCHEDULE

THURSDAY, JULY 13

6pm (show time 5:30pm)
Skeet Shoot (Must be 18+)
Horseshoes
Mule Kick Racquetball Doubles
Miners' 3 on 3 Basketball
Six-Shooter Volleyball (3 on 3)

FRIDAY, JULY 14

9am
5K Stampede
10K Claim Jumpers' Fun Run

9:30am
Piledriver Push-ups

10am
Dawson City Dress Up (youth)
Long John's Bed Races **
Cookie's Pasta Trail (youth)
Gold Nugget Egg Toss (adult, youth)

10:30am
Sourdough Jack's Softball Throw
Swim -- Coal Cart Challenge

11am
Miner's Mallow On A Line (youth)
Swim -- 100 yard Tube Relay

11:30am
Swim -- 100 yard Puffin Push Relay
Potato Sack Race
Muddy Mukluk Relay Race (youth)
Jailbreak 100 Yard Dash

Noon
Commander/First Sgt/Secretary Trike Race
Swim -- Sourdough Salmon Tube Race (youth)
Roughneck Crunches (sit ups)

12:30pm
Sharp-Shooter Shot Put
Swim -- Bareback Noodle Race (youth)

1pm
Gold Pan Discus
Wheelbarrow Race (youth)
Quick Draw Golf

2pm
Showdown (Chiefs vs. Commanders Softball)

3pm
CGOC vs. Amn Tug-of-War
Stake Claim Wars (tug-of-war)
Squadron vs. Squadron
NO CLEATS!

4:30pm
Back to the Homestead
Closing Ceremonies

**** -- Sign up for bed races with the Community Center by July 11. Call 377-2642, FAX 377-6032**

Unit/Sports/Fitness Reps take sign ups for team events. Submit team rosters by July 11th.

Youth events coordinated by Youth Center, 377-3194

Deadline for all other event sign ups is 1 hour prior to start time.

**No shoes with cleats allowed
~Information Subject to Change~**



Sunday Family THUNDER ALLEY

EVERY SUNDAY FROM 3-8pm AT ARCTIC NITE LANES \$2/PERSON PER GAME

BOWL WITH THE GLOW!

EVERYTHING GLOWS IN THE DARK DURING THUNDER ALLEY!



Eielson AFB SERVICES

Combat Support & Community Service

JULY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 SERVICES SOURDOUGH SHOWDOWN: FIELD DAY IS JULY 14TH, 9am - 4:30pm FUN & GAMES, OPEN TO EVERYONE! AT THE FITNESS CENTER 						1 Granite Tors Trail Hike 9am-6pm Outdoor Rec Book Over to Bowling Program Begins!
2 Thunder Alley 3-8 pm at the Bowling Center	3 Birch Lake 4th of July Celebration Noon-2pm Outdoor Rec (Outdoor Rec office at Bear Lake will be closed today and on the 4th)	4 Independence Day	5 Fly-Tying Class 5:30pm Community Ctr Mini Golf and Train Ride Youth Trip, Noon-4pm Youth Ctr	6 2nd Annual Paintball War 1-4pm Youth Ctr Sign-ups begin for Winter Bowling Leagues! Bowling Ctr	7 Kid's Night Out: Celebrate the Red, White and Blue! 6:30-11pm Youth Center	8 MacLaren Lodge Trip Departs 9am Outdoor Rec Pirate's Party Teen Break 7pm Eielson All Bikes Ride, 11am Community Ctr
9 Thunder Alley 3-8 pm at the Bowling Center	10 After Work Bike Ride 5-7pm Outdoor Rec	11 Teen Dinner & Movie Trip, "Dead Man's Chest" 5:30-10:30pm Youth Center Pre-Registration for Operation Bug Out, 11th-13th Youth Center	12 WEIO Preview & Ice Cream Youth Trip, 1-4pm Youth Center Members Safety Meeting, 7pm Aero Club	13 Teen Birch Lake BBQ Noon-6pm Youth Ctr ATV Trip 5:30pm Outdoor Rec Bi-Monthly Birthday Meal 5pm Two Seasons DFAC	14 Services Sourdough Showdown: Field Day 9am-4:30pm Fitness Center	15 Day Trip to Denali 8am-9pm Outdoor Rec
16 Thunder Alley 3-8 pm at the Bowling Center Family Base Bike Ride 3-7pm Outdoor Rec	17 Enrichment Camp July 17-21 Youth Center New Provider Class July 17-21 @ 9am -noon Family Child Care Ctr	18	19 WEIO Youth Trip 11:30am-3pm Youth Center Fly-Tying Class 5:30pm Community Ctr	20	21 Kid's Night Out: 6:30-11pm Youth Center	22 ATV Trip 1pm & 3pm Outdoor Rec
23 Paintball 2:30-4:30pm Outdoor Rec	24 Auditions for "The Frog Prince" Base Theater Bike Ride 5-7pm Outdoor Rec	25 "Hunt 'em, Catch 'em, Cook 'em!" 11am-7pm Base Library	26 Youth Trip to Quarry Noon-4pm Youth Ctr	27 ATV Trip 5:30pm Outdoor Rec 2nd Pre-Teen Bear Lake Camp Trip 9pm-7am Teen School Shopping Trip, Noon-6pm Youth Ctr	28 Operation Bug Out Youth Center	29 Family Camping Trip 9am Outdoor Rec Missoula Children's Theater Performance of "The Frog Prince" 3pm Base Theater
30	31					

Aero Club Ph: 377-1223



Aero Club Membership Drive
June 21-Sept 30. Existing members will receive a coupon for one (1) hour of the aircraft rental fees (value up to \$100) for each new member he/she sponsors as a new member in the Aero Club!
July 12
Members Safety Meeting, 7pm

*New members who join the aero club this month will receive a 50% discount on their purchase of any CBI training kit when they establish their BLOCK account. **Member who flies the most hours will receive two free flight hours (restrictions apply). **Become a member! 377-1223**

Clubs



Yukon Club
Ph: 377-2228

Football Frenzy-- Sundays during the Football Season. See NFL Sunday games in real-time broadcasts
Fantasy Football -- Sept-Dec. Prizes for best season records and total points!
Draft slated for August

Aurora Club
Ph: 377-2633

Sourdough Saloon Officer's Lounge ~ Open 5pm Fridays. In the Aurora Club

Family Child Care



Ph: 377-3636

July 17-21 New Provider Orientation Class
9am-Noon @ FCC Training Room. Registration deadline is July 13. For more information call FCC office at 377-3635/6

Youth Center Ph: 377-3194



July 5
Mini Golf and Train Ride @ Pioneer Park Youth Trip. Pay as you go. Noon-4pm
July 6
2nd Annual Paintball War \$15 rental/member or \$5 w/your own equipment. 1-4pm
July 7
Kids Night Out: Celebrate the Red, White and Blue! Grade K through age 12. 6:30-11pm
July 8
Pirate's Party @ the Teen Break. \$2/admission. 7pm
July 11
Dinner & a Movie Teen Trip; Dead Man's Chest. 5:30-10:30pm
** Pre-registration for Operation Bug Out is July 11-13 at the Youth Center
July 12
UAF museum presents WEIO Preview Youth Trip. Pay as you go. 1-4pm
July 13
Day at Birch Lake BBQ for Teens. Free! Noon-6pm
July 14
Field Day Youth Games at the Fitness Center! 9am-4:30pm
July 17-21
Enrichment Camp. \$5/member. Team building & leadership training of fun challenges.
July 19
World Eskimo Indian Olympics Youth Trip. 11:30am-3pm

July 21
Kids Night Out Grade K through age 12. 6:30-11pm
July 24-28
Auditions for "The Frog Prince". Held at the base theater. Call 377-3212 for more info.
July 26
Field Trip to Brown's Quarry & McDonalds Youth Trip. Noon-4pm. Pay as you go.
July 27
2nd Annual Pre-Teen Bear Lake Camping Trip. \$10/member. 9pm-6am
July 27
Lunch & School Shopping Teen Trip. Noon-6pm
July 28
Operation Bug Out

Triple Play Sports on Fridays Learn the rules, Play the game, Earn Fit Factor Points!
~ Looking for fun on Fridays, Teens? Join us at the Gym, you be the coach! See Ms. Stefanie for Teen volunteer opportunities.

YES Program -- YES orientation @ 3pm, 1st Tuesday of every month. Volunteer in the Eielson community and receive \$ for college!

Visit www.eielsonservices.com or the back page of Mukluk Magazine to see phone numbers and hours of operation for all 354th Services locations.

Provided by the 354th Services Squadron Marketing Office

Arts & Crafts, Wood, Auto Hobby



Auto Care Classes

For more info and class times call 377-3190

Want to take an Art Class? Call 377-4880 to get more information

Wood Hobby Classes

Call about July class schedule at 377-1168

*All materials are provided for wood classes. Class size limited to 5 persons or 5 couples. Sign up early.

Library Ph: 377-3174



Summer Reading Program; Two programs for two different age groups!
"Claws, Paws, Scales and Tales", Pre-school through 6th grade. "Creature Feature", Grades 7-12. Programs run through July 21 Sign up in person at the base library!

Book Over to Bowling

This program is for youth and teens 18 and under. Read great books and earn free bowling at Arctic Nite Lanes! Get your punchcard bookmark at the library to get started. Program runs July 1-August 31

Hunt 'em, Catch 'em, Cook 'em!

Start at the Base Library and you're virtually there. Watch continuous hunting and fishing videos, browse the book display and examine the stuffed animal exhibit. Try some moose/caribou sausage donated by B-Y Farms! 11am-7pm on July 25th

School Age Program Ph: 377-5437



Summer Day Camp

Every week is new and exciting! Activities include swimming, hiking, fishing, field trips Boys & Girls Club and 4-H program activities, sports, arts & crafts and more! Cost determined by income. Campers must meet eligibility requirements. From 6:30am-6pm. For ages 6-12.

Two Seasons DFAC

Ph: 377-3269



Bi-Monthly Birthday Meal -- July 13th @ 5pm. Celebrate at the Two Seasons dining facility. Sign up with your First Sgt, or call 377-2563.

Teen Break (Fri and Sat from 7-10:45pm) Info: 377-3194

July 7
Open Mic Night
July 8
Pirates' Party
July 14
Club Break
July 15
Gaming Night

July 21
Club Break
July 22
Karaoke
July 28
Club Break
July 29
Pool Tournament

Arctic Nite Lanes

Ph: 377-1129



Sunday 1-8pm
Mon-Thurs 11am-1pm
Fri 11am-1pm and 5-11pm
Sat 5-11pm

SIGN UP NOW THROUGH AUGUST FOR WINTER LEAGUE BOWLING!
Thunder Alley -- 7-11pm Fri & Sat
Family Thunder Alley: 3-8pm Sundays
Lane 21 Snack Bar 377-5154

Outdoor Recreation

Ph: 377-1232

(RSVP 1 week in advance for Outdoor Adventure programs)

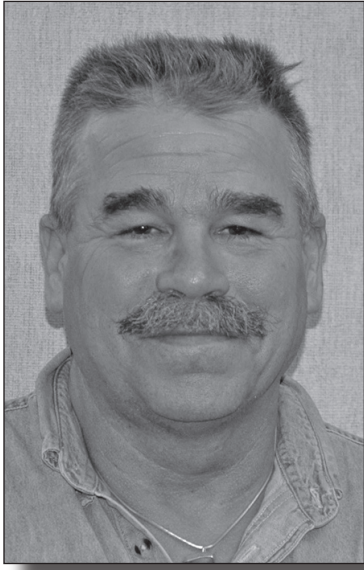


July 1
Granite Tors Trail Hike. \$10/person, \$15/couple. 9am-6pm
July 3
Birch Lake 4th of July Celebration. Free BBQ and fun! Noon-2pm at Birch Lake
July 3 and 4
(Outdoor Rec office at Bear Lake will be closed for the holiday.)
July 8
Pre-Camping Overnight @ Fam Camp. Starts 4pm on the 8th to 11am on the 9th at Fam Camp. Includes dinner, smores and breakfast. \$40/family
July 8-9
Overnight at MacLaren Lodge. Trip includes transportation to the lodge. Leave 9am on the 8th, return by 4pm on the 9th. \$60/person
July 10 & 24
After Work Bike Ride. Start at Bear Lake, \$10/ with rental equipment, \$5 with your own. 5-7pm
July 13, 22 & 27
ATV Trip. \$35/machine. Meet at Bear Lake. Start at 5:30pm for July 13 & 27, and 1pm & 3pm for July 22. Includes training and a one hour ride
July 15
Day Trip To Denali. 10 min/max. \$25/person. 8am-9pm.
July 16
Family Base Bike Ride. Afterwards enjoy a BBQ for all participants. \$8/person, \$20/family. 3-7pm
July 23
Paintball. Gun, safety equipment, paintballs and CO2 provided. \$25/person at the Iceman Falls Lodge. 2:30-4:30pm
July 29-30
Family Camping Trip. Includes transportation to the Angel Camp Site, lunch, dinner and breakfast for next morning. Leave at 9am on 29th, return 1:30pm on 30th. \$40/person, \$100/family



**Tech. Sgt. Travis Englund,
168th ARW NCOIC Systems
Command Post**

“He was instrumental in the integration of Air National Guard and Active Duty components into a single, consolidated command post on Eielson AFB. His skillful and refined workmanship were indispensable during the structural remodeling necessary to accommodate a combined facility.”



**Mr. Pete Dunham,
WG-4 Wood Skills
Manager**

“He consistently goes the extra mile to assist his customers in achieving their goals in building and developing projects and teaching those that are intimidated or inexperienced with the many levels of tools and procedures within his shop. He greatly deserve every bit of appreciation that can be given.”



**Senior Airman Joseph Miller,
354th SFS Asst. NCOIC
Armory**

“He took initiative and developed multifunctional weapons cards, which simplified lengthy identification procedures for weapons. He began color coding magazines, which has now become our standard operating procedure. He exemplifies core values and sets the standards for his peers.”



**Staff Sgt. Nicole M. Ellis,
354th OSS IM Specialist**

“She always displays great attitude and professionalism through the daily dealings with the customers. Further more, during this period of CAC implementation; she worked diligently on resolving software issues that prevented the smooth transition to this new system.”

Icemen celebrate homecoming

by Airman Nora Anton
354th Fighter Wing Public Affairs

The 354th Fighter Wing Homecoming ceremony welcomed more than 500 recently-deployed Airmen back to Eielson on the afternoon of June 23 in the field adjacent to the chapel.

The ceremony honored and recognized Icemen for their selfless duties while deployed to Qatar, Afghanistan, Pakistan, Kyrgystan, Iraq, Kuwait and other locations around the world in direct support of Operation Enduring Freedom, Iraqi Freedom and the Global War on Terror. More than 1,000 military, civilian and family members showed up for the event.

Lt. Gen. Douglas Fraser, 11th Air Force commander, Elmendorf AFB, came for the ceremony to thank the returnees, their families and the Icemen who stayed behind to continue the wing's mission. He said that all have served something larger than themselves and all have demonstrated self-sacrifice.

"It allows us to get together to recognize and honor all the sacrifices that our armed forces have made on behalf of our country," said Senior Master Sgt. Taru Taylor, 354th Logistics Readiness Squadron chief enlisted manager. "To include the community makes it a total-force partnership because we're all on the same team together."

Brig. Gen. Dave Scott, 354th Fighter Wing commander, said we are proud of the accomplishments made by the deployed Airmen.

The numerous missions Icemen were deployed to include: rebuilding oil and gas lines in Iraq and a humanitarian mission traveling to various countries in the Pacific. Icemen brought home seven bronze star medals, 14 Army Commendation Medals and and six Army Achievement Medals to date.

After the ceremony, servicemembers and their families took part in festivities sponsored by services, including a barbecue, games, a Fort Wainwright Band and more.



Airman Jonathan Snyder

Above, Lt. Gen. Douglas Fraser, 11th Air Force commander, Elmendorf AFB; Brig. Gen. Dave Scott, 354th Fighter Wing commander and Col. Paul Johnson, 354th Operations Group commander, salute during the Star-Spangled Banner.



Airman Nora Anton

General Scott awards Senior Airman Eldon Arnaud, 354th Aircraft Maintenance Squadron, a bronze star for heroism. Right, Lt. Col. David Martinson, former 354th CES commander, commands the squadrons in formation behind him.



Airman Nora Anton



Airman Nora Anton

Members of the 354th Medical Group salute during the national anthem.



Airman Jonathan Snyder

Left, Chief Master Sgt. Dwight Holmes, 354th Communication Squadron, waits in the dunking chamber during after-ceremony festivities for servicemembers and their families.



Jacqueline Greene

A crowd of servicemembers accompanied by family and friends, enjoy a barbecue cook-out, music from the Fort Wainwright Army band, and bouncy castles for their children after the ceremony's ending.